



While for many it's hard to give up the warm, slower paced days of summer and return to the hectic fall schedule, in Iowa we can at least look forward to a new season and the unique and delicious foods that come with it! I love fall/autumn for the cooler temperatures (good sleeping weather with the windows open!), the beauty of nature as brilliant colors burst forth, and for the return to some of my favorite foods such as pears, apples, pumpkin, winter squash, cranberries (most of them packed with nutrition!) although many of these are now available in the grocery stores year round, they “come into their own” with wonderful flavor at this time of the year!

When I was young there was very little choice of kinds of apples—the Red Delicious was king! Have you noticed some new varieties of apples in the market? I tried a unique Pinata apple a short time ago, a crisp yellow variety with a blush of red and a very sweet taste. I have since learned it is from the Pacific NW and is a cross between Golden Delicious and a Cox Orange Pippin apples. It's good for baking or eating out of hand! (great snack idea—add a little peanut butter for healthy fat and satiety). Another new variety I discovered is the Southern or Pacific Rose apple from New Zealand. This is large, sweet, juicy, crisp variety with pink to bright red skin and cream colored flesh. It's a cross between the Gala and Splendor varieties. I would encourage you to buy both of these and enjoy them and to try other new varieties as well! How about local apples? They are available from late August to mid-October. Check out the many varieties from Iowa orchards! <http://www.ipm.iastate.edu/ipm/hortnews/1997/9-12-1997/apples.html> My favorites are the ISU developed Chieftain and the Cortland. Remember, **Variety is the spice of life!!**

**What do apples offer in nutritional value?** They are low in calories, and offer both insoluble and soluble fiber which helps to lower cholesterol and maintain GI regularity. Apples are the richest source of pectin among all fruits. Pectin can decrease chances of colon cancer, reduce high blood pressure and assist in the prevention of gall stones. Apples contain quercetin, a flavonoid that may help to reduce cancer risk, prevent heart attacks, control asthma, and ward off eye diseases such as cancer and macular degeneration. Apples also offer antioxidants, naturally occurring chemical substances that assist in preventing cell and tissue damage. Perhaps this helps you understand the old adage, “An apple a day keeps the doctor away”! (<http://www.allaboutapples.com/health/index.htm>)

What to make with apples? Besides applesauce, apple pie or snacking on an apple, what are creative ways to add them to your diet? Apples can be used in entrees, salads, soups, side dishes—think outside the box! How about adding it to a chicken curry? <http://www.bestapples.com/Recipes/recipe.NEW.asp?ID=287> Check out other healthy and easy recipes using apples:

<http://www.bestapples.com/Recipes/search.asp?selLowFat=Yes>  
[http://southernfood.about.com/od/apples/Apples\\_Recipes.htm](http://southernfood.about.com/od/apples/Apples_Recipes.htm)

<http://allrecipes.com/Search/Recipes.aspx?WithTerm=apple&SearchIn=h84>

I will discuss other fall foods in coming newsletters!

**Fall also brings tailgating season!** Why not strive for at least one healthy option each time you tailgate?? Others will appreciate your efforts and you may find you enjoy these options as well! For healthier tailgating ideas check out a previous entry from Nutrition Clinic website

<http://www.fshn.hs.iastate.edu/nutritionclinic/handouts/newsletters/HealthierTailgating.pdf> or these sites:

[http://www.meatlessmonday.com/site/PageServer?pagename=otg\\_tailgating](http://www.meatlessmonday.com/site/PageServer?pagename=otg_tailgating)

<http://nutrition.about.com/od/recipesmenus/qt/tailgatingtip.htm>

<http://www.netwellness.org/healthtopics/obesity/healthytailgating.cfm>

How about homemade hummus and pita bread? (see attached recipe for basic **economical** hummus- be creative and add pesto, sun dried tomatoes, roasted peppers, olives to change the taste!)

**Fall can be a time to try a new exercise!** Don't get burned out on doing the same thing --try something new! Make a plan with options for both indoor and outdoor activity. Have you tried Tai Chi or yoga? How about Pilates? You can find classes on campus through the Exercise Clinic in Forker <http://www.hhp.hs.iastate.edu/outreach/exercise-clinic.php> or <http://www.recservices.iastate.edu/groupfitness/> or locally through Park and Recreation <http://www.cityofames.org/ParksRecWeb/> or a health club. Consider purchasing DVD's and try these at home ([www.collagevideo.com](http://www.collagevideo.com)) Or perhaps you are ready to try strength training (weights)? This activity can build strength and bone density as well as balance and stability (and it's beneficial for all ages!) Maybe you already do this but just need to get off your plateau and change your strength training routine [http://exercise.about.com/cs/weightlifting/a/weight\\_ruts.htm](http://exercise.about.com/cs/weightlifting/a/weight_ruts.htm)

Here's some work outs you can do at home for beginners <http://exercise.about.com/cs/exbeginners//blbegstrength.htm> and a 25 minute cardio blast <http://exercise.about.com/library/blcardioblast.htm>

#### **Upcoming Events:**

#### **September is National Cholesterol Education Month**

September 19 7:10 AM to 1:30 PM-HeartReach Mobile lab on ISU campus –see above attachments for details and how to schedule an appointment for cholesterol test or Screening

September 19 noon to 1 PM Lunch-and-Learn Cholesterol: The Good, The Bad and The Ugly (location to be announced)

**For those of you who missed the “Intuitive Eating” session last week, I have attached some notes on the session which you may find helpful! If you are a chronic dieter trying to work on developing a healthy relationship with food and wanting to explore intuitive eating, please schedule an appointment with me!**

**All ISU employees are eligible for 3 individual nutrition counseling sessions each calendar year at no cost to you as part of your employee benefit package. Call 4-9625 or e-mail [barclay@iastate.edu](mailto:barclay@iastate.edu)**

Enjoy your September weekend!

Sally

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